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2009

# BEST NEW PRODUCT

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# What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it

met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration

and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

## 2009 Best New Product Award Winners

- ✓ Air Wick Odour Stop Aerosols
- ✓ Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓ Astro BioBest Smoothie
- ✓ Astro BioBest Vitalite Yogurt
- ✓ Becel Buttery Taste Margarine
- ✓ Blistex Deep Renewal Anti-aging Lip Treatment
- ✓ Casa Di Mama Pizza
- ✓ Cover Girl LashBlast Mascara
- ✓ Cover Girl TruBlend Boutique
- ✓ Craisins® Sweetened Dried Cranberries 100 Calorie Pack
- ✓ Crest Pro-Health Rinse
- ✓ Dove Antiperspirant
- ✓ Dove Body Wash
- ✓ Duracell Rechargeable Batteries
- ✓ Garden of Eatin® Multigrain tortilla chips.
- ✓ Gillette Fusion Power Phenom
- ✓ Gillette Venus Embrace
- ✓ Glad 100% Compostable/Biodegradable Kitchen Bags
- ✓ Green Works Natural Cleaners
- ✓ Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓ Herbal Essences Long Term Relationship Leave In Split End protector
- ✓ Herbal Essences Long Term Relationship Shampoo
- ✓ Hershey Bliss
- ✓ Knorr Bouillon cubes with Extra Virgin Olive Oil & Sea Salt
- ✓ Knorr Colourful Soups
- ✓ Knorr Sides Plus Veggies
- ✓ Kraft Extra Virgin Olive Oil Signature Dressing
- ✓ Lipton Pyramid Teas
- ✓ Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓ Pulsar Pro-Health Manual Toothbrush
- ✓ Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓ Sun Rype 100% Juice
- ✓ Tide 2x Liquid
- ✓ Vaseline Cocoa Butter Body Lotion



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## Jury finds man guilty in death of sister-in-law

**VERDICT** A man who admitted to the murder of his brother's wife and beat a cab driver into a coma was found guilty of second-degree murder yesterday.

Kenneth Butler, 26, claimed he was mentally ill at the time of murder on April 6, 2007, when he beat Stephanie Butler to death with a toilet tank lid and coat rack.

He was also found guilty of aggravated assault, for smashing cab driver Pavan Chohan's head into the pavement, resulting in permanent brain damage.

METRO EDMONTON

## Fashion Week

### London catwalk

Metro's Kenya Hunt explains why London Fashion Week had a celebratory vibe to it, with details on all the latest fashion trends, pg 18

## Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Food  
Wine columnist Peter Rockwell introduces us to some budget vintages, pg 17  
Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 16

## Young inventors Reinventing the lawnmower



Young inventors Seth Plishka, left, and Jonathon Balash show off the remote control to their invention, a remote controlled lawnmower, at the Matrix Hotel in Edmonton yesterday.

# City's Expo bid unclear

JEFF CUMMINGS  
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**It appears Edmonton's city council doesn't know if the Alberta government will shell out cash to bring in the world's largest fair to the province's capital in 2017.**

In a meeting yesterday, Coun. Tony Caterina asked administration to find out if the city's proposal for Expo 2017 is dead, after saying that he heard Premier Ed Stelmach say "no" to provincial support during Tuesday's Grey Cup game

announcement.

"Given the provincial response and the premier's response to the (Expo) here and their answer being no, I'd like to know from administration how far we are with Phase II," said Caterina, referring to the status of the city's bid process.

"I happened to be there and he didn't say no, councillor," responded Mayor Stephen Mandel.

During the Grey Cup announcement, Stelmach hinted at having more events coming to Edmonton, but he never com-

mented on whether or not the province would help fund a bid for the Expo.

Culture Minister Lindsay Blackett, who is responsible for Expo file for the Alberta government, didn't return Metro's request for an interview.

But Stelmach said in October that government has already made commitments to help the city in its bid to host the University Games in 2015.

"Anything further from here has to be thoroughly reviewed," said Stelmach. "I can tell you our commitments are health, edu-

cation, infrastructure and we have to be very careful on making commitments down the road."

City council unanimously voted last fall in favour of moving forward with phase two of the bidding process in bringing the World Expo in 2017 — with the expectation the province would match the city's \$2.25 million to do it.

If successful in bringing the Expo to Edmonton, both governments can expect a \$1.6-billion to \$3-billion price tag to host the event.

## Mandel seeks provincial and federal knife control laws

JEFF CUMMINGS  
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Mayor Stephen Mandel says he will continue to push both the provincial and federal governments to create controls on businesses that sell knives.

Mandel has written a letter to Edmonton-Spruce Grove MP Rona Ambrose to ask Ottawa if the Tory government's "crime legislation they are putting forward does include legislation on knives," he said.

"It's great to put legislation on guns which are a real problem in Ontario, but here in Edmonton, knives are the big issue," said Mandel to reporters yesterday.

"As your political minister, (Ambrose) said she would look into it, and get back to us as soon as possible."

Mandel has also asked administration to look into the possibility of changing a city bylaw that could make it control knife sales.

They mayor also wants administration to look how useful a campaign would be to remind people about the knife threat in Edmonton, he said.

Administration is expected to come back with a report later this year.

"Action is needed," said Mandel during a council meeting yesterday.

Mandel says he's also going to meet with Premier Ed Stelmach and solicitor general Fred Lindsay on the issue.

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**Iggy to address Chamber of Commerce**

The leader of the Liberal Party of Canada, Michael Ignatieff, will be speaking to members of the Edmonton Chamber of Commerce tomorrow at a luncheon to discuss challenges facing the economy and opportunities that will emerge from the economic crisis. **METRO EDMONTON**

# Local



## Stefani in Edmonton? No Doubt

Gwen Stefani, left, and No Doubt are making a stop in Edmonton on their first tour in five years. The show is scheduled for July 16. Tickets range from \$49.50 to \$90 and will be available through Ticketmaster on March 7. Bedouin Soundclash, from Kingston, Ont., are opening for the group.

METRO EDMONTON

## Hell's Kitchen 8 Tonight



# Citytv



### Court orders girl to stay in hospital

**CONVICT** A girl convicted of killing her parents and her brother when she was 12 has been ordered to stay at a psychiatric hospital in Edmonton.

Three reports written by a Court of Queen's Bench justice say the girl's treatments at the Alberta Hospital are progressing as planned.

The girl was sentenced to four years in custody after her trial in 2007.

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What's online today.

**Blogs** Hollywood Rants on whether Woody Allen is a true virtuoso or just a creepy old man at [metronews.ca](http://metronews.ca)

**Video** The Daily Show with Jon Stewart has some choice words about Obama's trip to Ottawa at [metronews.ca/canada](http://metronews.ca/canada)

**Lotteries**

Lotto 6/49: 5, 11, 26, 31, 36 & 39. Bonus 4.  
These results are not official.

## Street Legal's new muscle

MARISSA MIDDLETON  
for Metro Edmonton

### The Edmonton Police Service unveiled the new muscle in its Street Legal Program at the Motor Show yesterday.

Det. Terry Innes, a founder of the Blue Line Racing Association, announced at the 2009 Motor Show that a 2008 Dodge Challenger SRT will become the latest addition to the fleet of Street Legal.

Street Legal, founded in 1997, is a traffic safety program that is geared towards 14- to 25-year-olds. It allows officers to connect on a more personal level with the street racing community.

"They view the police now as real people, instead of in a negative way when they're on the street getting pulled over," said member Const. Blair Dezwart.

The vehicle was donated by Chrysler Canada, and allows Street Legal to stay on top of new trends. "If we just stay stagnant, people will just push us aside and we have no more credibility," Dezwart said.

CODIE MCCLACHLAN FOR METRO EDMONTON



From left, Terry Innes, Eleanor Innes, Mike Wynnyk, Keane Block and Blair Dezwart of the Edmonton Police Service pose in front of the Dodge Challenger SRT that will be the service's new street-legal racing car yesterday at the Agricom.

The Blue Line Racing Association has grown to include five sworn police officers and is responsible for the promotion of the program. "We use these police race cars as an at-

traction to get these young drivers to come to us," Dezwart said.

Blue Line Racing participates in street-legal drag races on Friday nights at the Castrol Raceway,

where anyone can challenge them and race in friendly competition.

**ShareYourViews**

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### Councillors keep spending in check

VICTORIA HANDYSIDES  
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**MONEY** Modest spending in uncertain economic times was a common practice for Mayor Stephen Mandel and city council in 2008.

Neither the mayor nor any councillor went above their budget constraints, which include travel, communications, research, promotional items, hosting, tickets, memberships, parking and staff salaries.

Mandel's office flew under its \$1.2-million budget by \$50,000, roughly a repeat performance of 2007.

The mayor's office will be cutting a few more corners this year, as the 2009 budget has been frozen at \$1.2 million. Ten staffers are due a four per cent cost-of-living increase, motivating thrifty decision-making, like cutting back on advertising and using in-house resources, said spokeswoman Patricia Misutka.

No councillors went over their allotted \$92,000 budget. The biggest spender was Coun. Amarjit Sohi, who undershot by \$300.

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A Winnipeg woman has launched a class action lawsuit against concert ticket giant Ticketmaster for overcharging, CBC.ca reports. According to the woman's lawyer, her daughter bought tickets through a Ticketmaster subsidiary for around \$200 each when the original ticket price was just \$57. **METRO NEWS SERVICES**

# Canada



## Singer opposes quarry plan

Sarah Harmer has been singing Escarpment Blues, a song she composed to protest plans for a quarry near her Burlington, Ont., home. The Juno-award winning singer has helped to start a citizens' group, Protecting Escarpment Rural Land, which is opposing a bid to open an 80-hectare pit on the Niagara Escarpment, designated as a World Biosphere Reserve by the United Nations. **TORSTAR NEWS SERVICE**

# Obama's green stance a relief, Harper says

**Prime Minister Stephen Harper says he is breathing a sigh of relief that U.S. President Barack Obama is serious about climate change, but the pace of change in Washington could leave him struggling to catch his breath.**

From world-leading automobile fuel standards to a clean energy surge and greenhouse gas restrictions, the U.S. is set to accomplish over the next year what Canada has been promising for a decade.

While the Tories have put pollution regulations on hold until the American playbook becomes clearer, Obama called Tuesday in his address to Congress for an emissions cap-and-trade system that is anticipated to

## Mexico — The other partner

• Sources say that Mexican President Felipe Calderon plans to announce a climate change strategy in the next few weeks that calls for a 50

per cent reduction in greenhouse gas emissions by 2025, targetting in particular the country's petroleum and electricity industries.

raise \$300-billion in new revenue and set the course for economic recovery.

"History reminds us that at every moment of economic upheaval and transformation, this nation has responded with bold action and big ideas," Obama said, calling climate change, health and education his priorities for 2009.

The Conservatives have pledged to keep pace with Washington to do what is politically popular and stay

competitive economically, but signs have emerged that Harper's team has not completely changed its stripes.

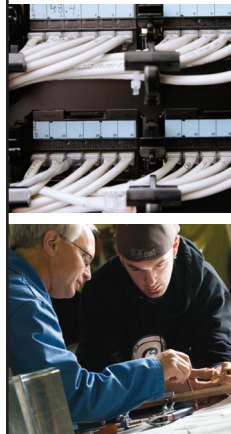
Asked this week about threats in the U.S. to ban oil imports from Alberta, Harper insisted Canadian taps would continue to slake the U.S. thirst. "There should be no illusion that economic reality will hit those environmental policies pretty hard when one goes to implement them," Harper said. **TORSTAR NEWS SERVICE**

## Toronto Football player not guilty



Former Toronto Argonaut running back Bernard Williams, left, and lawyer John Struthers hug outside a Toronto court yesterday. Williams was acquitted of sexually assaulting an aspiring cheerleader.

RICK EGGINTON/TORSTAR NEWS SERVICE




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# NDP member calls for more transparency

**POLITICS** Prime Minister Stephen Harper should take a lesson from U.S. President Barack Obama and force federal departments to become more open and accountable to Canadians, an NDP MP says.

But as U.S. government agencies are being told to open up, federal departments in Ottawa remain mired in a "culture of secrecy," NDP MP Pat Martin said yesterday.

At the heart of the problem is an outdated Access to Information law that is openly flaunted by bureaucrats keen to stifle public demands for information, said Martin (Winnipeg Centre).

"Users of the Access to Information Act know that the system is broken. It's

dysfunctional, doesn't work anymore," Martin said. "People are frustrated by unnecessary delays, unnecessary costs and a failure to comply with the very specific requirements of the act," he said.

The extent of those problems is expected to be driven home this morning when Information Commissioner Robert Marleau releases several reports about how Ottawa handles Access to Information requests.

The news is not expected to be good for a Conservative government that came into office in 2006 pledging more openness and accountability but instead has seen complaints about government foot-dragging on access requests skyrocket. **TORSTAR NEWS SERVICE**

## News in brief

**NATIVE AFFAIRS** Conservatives are withholding funds for badly needed native school construction because the communities are located in opposition ridings, government documents obtained by the New Democrats suggest. An internal memo advising Indian and Northern Affairs Minister Chuck Strahl of the situation caused a furor in the House of Commons yesterday. **TORSTAR NEWS SERVICE**

**TASER INQUIRY** Robert Dziekanski posed a real threat to the four RCMP officers who surrounded him and to onlookers at the Vancouver International Airport, one of the officers told the Braidwood inquiry yesterday. An RCMP officer already told the inquiry that he feared he wasn't safe, and that Dziekanski was holding a stapler up to his chest with his other hand in a fist. **CBC NEWS ONLINE**



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Climate change will wipe out most life on Earth by the end of this century and mankind is too late to avert catastrophe, said leading British climate scientist James Lovelock. His apocalyptic theory foresees crop failures, drought and death on an unprecedented scale. **REUTERS**

# World



## Prehistoric fish pioneered sex

Sex has been a fact of life for at least 380 million years, longer than previously thought. Internal fertilization was widespread among prehistoric fish living on ancient tropical coral reefs in the Devonian period, research published in the journal *Nature* yesterday showed. The discovery sheds new light on the reproductive history of all jawed vertebrates, including humans. **REUTERS**

## Gitmo abuse has worsened: Lawyer

Abuse of prisoners at Guantanamo Bay has worsened sharply since U.S. President Barack Obama took office as prison guards "get their kicks in" before the camp is closed, according to a lawyer who represents detainees.

Abuses began to pick up in December after Obama was elected, human rights lawyer Ahmed Ghappour said. He cited beatings, the dislocation of limbs, spraying pepper spray into closed cells and on toilet paper, and over-forcefeeding detainees who are on hunger strike.

The Pentagon said on Monday that it had received renewed reports of

**"(One) could say that these traumatized ... guards were just basically trying to get their kicks in right now for fear that they won't be able to later."**

Ahmed Ghappour

prisoner abuse during a recent review of conditions at Guantanamo, but had concluded that all prisoners were being kept in accordance with the Geneva Conventions.

"If one was to use one's

imagination, (one) could say that these traumatized, and for lack of a better word, barbaric, guards were just basically trying to get their kicks in right now for fear that they won't be able to later," said Ghappour, a British-American lawyer with Reprieve, a legal charity that represents 31 detainees at Guantanamo.

He stressed the mistreatment did not appear to be directed from above, but was an initiative undertaken by frustrated U.S. army and navy jailers who directly or indirectly blame the prisoners for the injuries and the trauma they suffered in Iraq. **REUTERS**

## Thailand Protest drags on



Supporters of former Thai prime minister Thaksin Shinawatra gather outside the Foreign Ministry during an anti-government protest in Bangkok yesterday. Thai protestors marched to demand that the country's top diplomat quit as their street campaign dragged on for a second day.

## Charges filed over attacks in Mumbai

**INDIA** Police in India yesterday charged a man they say is the lone surviving gunman in last year's Mumbai attacks with "waging war" against India, drawing up the first formal charges in the case, a government lawyer said. If found guilty of the attacks that killed 179 people, Mohammed Ajmal Kasab could face the gallows. **REUTERS**

## News in brief

**NETHERLANDS** A Turkish Airlines passenger plane with 135 people aboard crashed in light fog while trying to land at Amsterdam's Schiphol airport yesterday, killing nine people and injuring dozens. **REUTERS**

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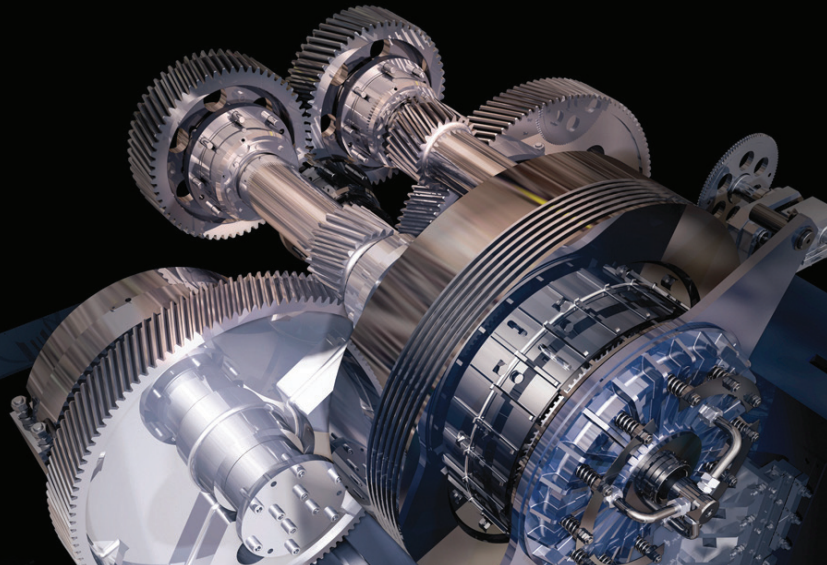
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# Comment & Views

## Comment

### GM needs second revelation

#### InBusiness

**Charles Davies**

Veteran Business Writer

As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-enriched lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per

cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of \$248 million US and pay out dividends of \$343 million US. Working capital was trimmed only by \$26 million US and holdings of cash and short-term securities actually grew by \$45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

Still, the company had a remarkable tri-

umph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market.

GM developed the broad

model line — "a car for every purse and purpose" — annual model changes, instalment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



## Views

### Could you be heartless to your 'faves?'



**Steve ShROUT**

Metro Alberta Publisher

Someone recently asked me, "What are you giving up for Lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of commu-

nicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smart phone is my life ... my email, telephone, Facebook, and general "thinking companion" ... till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip! I may be sacrificing the social status I have textured so hard to achieve!

**What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip!**

For instance, before I received my smart phone sitting impatiently at red lights was waste of time ... now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

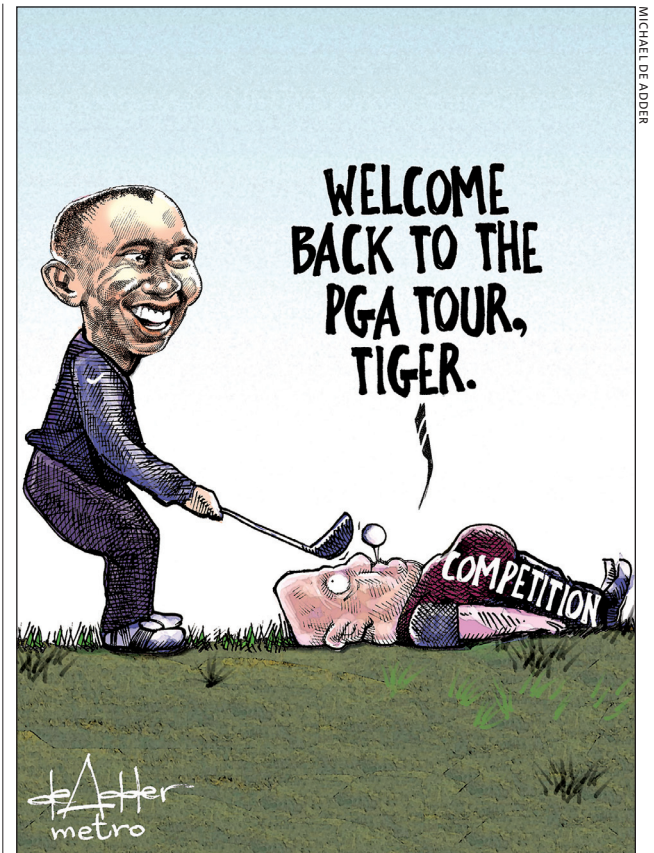
My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves

to see the world from my point of view so I send them proof of my "whereabouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smart phone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher Steve ShROUT has become proficient with technology and quite often experiences "phantom buzz" when separated from his cellphone.



## Worth mentioning

### Employee tardiness on rise

One in five U.S. workers say they are late to work at least once a week, according to a survey released yesterday.

The most common excuse is traffic, followed by a lack of sleep and getting children ready for school or daycare, said the survey conducted for CareerBuilder.com, an online job site.

Other frequent excuses are problems with public transportation, wardrobe issues or dealing with pets, it said.

One in 10 workers said they are late to their jobs at least twice a week.

Tardiness is on the rise, the survey said. In this poll, 20 per cent said they were late at least once a week. In a similar one taken a year earlier, 15 per cent said so.

The nationwide online survey was taken among 3,259 full-time hiring managers and human resource professionals and 8,038 full-time employees from Nov. 12 to Dec. 1 last year.

The poll also collected outrageous excuses for being late. One person reported having to take a second shower after walking into a spider web. Another said her husband thought it was funny to hide the car keys. Someone else claimed his car's left-turn signal was broken so he had to make all right turns to drive to work.

A third of the managers surveyed said they have terminated an employee for being late, it said.

The poll was conducted by Harris Interactive on behalf of CareerBuilder.com. Harris Interactive said the results had a sampling error of plus or minus 1.72 percentage points among the managers, and 1.09 points among the employees.

CareerBuilder.com is owned by Gannett Co Inc, Tribune Co, McClatchy Co and Microsoft Corp. REUTERS

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German Chancellor Angela Merkel said in a speech yesterday she wants to see an international ban on bonus payments to bad bankers. "There's no way that bankers should be paid a bonus if their business year was bad," she said at the rally north of Berlin. **REUTERS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Business in brief

**CANWEST** Debt-strapped Canwest Global Communications Corp. has raised a little cash by selling part of its stake in sports broadcaster The Score for \$6.62 million.

**LOSS** Martha Stewart Living Omnimedia Inc. reported a net quarterly loss of \$8 million US, hurt by slumping ad revenue and writedowns.

METRO NEWS SERVICES

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## CBC faces 'belt-tightening'

Ottawa wants cash-strapped broadcaster to cut back

The Canadian government said yesterday it expects the taxpayer-funded CBC to clamp down on costs amid reports that the broadcaster is facing an advertising revenue shortfall for the coming year.

"We expect the kind of belt-tightening at the CBC as we see with other broadcasters," Deirdra McCracken, spokeswoman for Heritage Minister James Moore, said yesterday.

"The CBC is already receiving over \$1 billion from taxpayers per year."

**"We're not holding our breath for any increase in funding this year."**

Karen Wirsig, Canadian Media Guild

Her comments came in response to questions about whether the government would be willing to give more money to the CBC, after newspapers reported that the broadcaster may suffer an ad revenue shortfall of up to \$65 million in 2008-09.

"We're not holding our breath for any increase in funding this year," said Karen Wirsig, spokeswoman for the Canadian Media Guild, which represents 5,500 employees at the CBC and Radio-Canada.

She said the union has not been notified of pending layoffs.

"We're pretty much at the bone," she said. "Job cuts are going to mean program cuts."

Belt-tightening at other

Canadian broadcasters such as CTV and Canwest Global Communications Corp has already resulted in job cuts.

Companies are cutting back the amount of money they spend on marketing because of the current economic crisis, which translates into fewer advertising dollars for the CBC and other broadcasters.

CTV cut 105 jobs in late November, while rival Canwest chopped 560, including 210 at its broadcasting operations. **REUTERS**

## Nortel axes 3,200 jobs

**LAYOFFS** Ailing telecom equipment maker Nortel Networks Corp. delivered on its plan to slash more jobs yesterday, cutting another 3,200 workers worldwide as it fights to survive under the cover of bankruptcy protection.

None of the laid-off employees will get severance payouts, which Nortel suspended when it filed for bankruptcy protection last month, a company spokesman said. The company said the latest cuts are on top of another 1,800 planned layoffs that still have to be completed. **REUTERS**

### Workers

The cuts represent roughly 10 per cent of Nortel's workforce of more than 30,000.

## Quebec Caisse loses \$39.8B



Quebec Finance Minister Monique Jerome-Forget speaks about the losses of the Caisse de depot et placement du Quebec in Quebec City yesterday. Canada's biggest pension fund manager said yesterday it lost \$39.8 billion in 2008, hit by tumbling stocks and a depreciating dollar, prompting the provincial government to launch an investigation.

## Melnik seeks governance, board shifts

**BIOVAIL** Biovail Corp. founder Eugene Melnyk, in his latest challenge to the management of Canada's biggest listed drugmaker, yesterday called for a special shareholders meeting to vote on two board nominees backed by him and changes to the company's governance.

The request revives a messy 2008 proxy battle undertaken by Melnyk that ended last August when shareholders approved the company's incumbent slate of directors rather than an alternative slate proposed by Melnyk.

Melnik said the special meeting could be held at the same time as Biovail's 2009 annual general meeting. **REUTERS**

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# Product Award Winners



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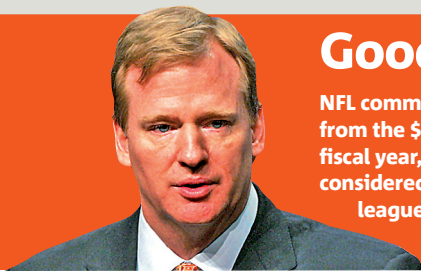


No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 27, 2009. Odds of winning depend on number of entries received. Ten prizes of the 34 Best New Product Award products will be awarded. Each prize is valued at approximately \$200 (CAD). For full contest rules and details, visit [www.metronews.ca/bnps](http://www.metronews.ca/bnps).



The New Jersey Devils activated Martin Brodeur off injured reserve yesterday, clearing the way for him to play his first hockey in almost four months. Brodeur was told by the team he would be returning to the net tonight against Colorado. **METRO NEWS SERVICES**

# Sports



## Goodell takes big pay cut

NFL commissioner Roger Goodell voluntarily took a cut of 20-25 per cent from the \$11-million US salary and bonuses he was to receive in the 2008 fiscal year, as a result of the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December.

**METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONews.CA

## Wings win heavyweight tilt

### NHL RESULT

Sharks 1 Red Wings 4



Henrik Zetterberg had a pair of goals, as the Detroit Red Wings halted the streaking San Jose Sharks with a 4-1 win at Joe Louis Arena.

With the win, the Red Wings now have 88 points, only three behind Western Conference-leading San Jose.

Marian Hossa scored, continuing his good play against the Sharks. He has scored in each of Detroit's four games against San Jose this season, and finished the season series with four goals and three



San Jose Sharks centre Joe Pavelski, middle, is checked against the boards between Detroit's Mikael Samuelsson and Valtteri Filppula last night.

assists. The teams split the series with two regulation wins apiece.

Ville Leino for Detroit, which rebounded from a loss to Minnesota on Saturday to take its third win in

four games. Ty Conklin made 34 saves in the win.

Christian Ehrhoff had the lone goal for San Jose, which had its four-game win streak snapped. Evgeni Nabokov gave up

all four goals on 33 shots in the loss.

Hossa got the Red Wings on the scoreboard first, 6:51 into the game. With Detroit on the power play, his shot from the right circle trickled between Nabokov's pads.

Then, with time winding down in the first period, Kirk Maltby's shot from the right side got deflected into the air. Leino was on the left side of the crease, and batted it into the open net with 3:52 remaining.

The Sharks appeared to have a goal only moments later, when a shot from in front hit the right post, settled into the crease behind Conklin and went over the goal line. The on-ice official behind the net ruled it a goal, but a further review nullified the score.

**METRO NEWS SERVICES**

## Curling Alberta in hunt



ANDY CLARK/REUTERS

Alberta skip Cheryl Bernard keeps her eye on the line of her shot during play against Saskatchewan at the Scotties Tournament of Hearts yesterday. For a full recap, visit us online at [www.metronews.ca/sports](http://www.metronews.ca/sports).

## Focused Tiger makes return to the links

**GOLF** Phil Mickelson conjured a last-gasp win in yesterday's opening round of the WGC-Accenture Match Play Championship while Tiger Woods made a triumphant start on his PGA Tour return.

Defending champion Woods, making his hotly-anticipated PGA Tour comeback, charged two up after a birdie-eagle start before wrapping up his win on the 16th green.

"I thought it would take me a little bit longer to get into the rhythm of the round, but I came out as if I had it and it felt good," Woods said after piling up two eagles, three birdies and three bogeys.



Tiger Woods hits from the sand yesterday at the Accenture Match Play Championship.

Asked how his surgically reconstructed left knee had held up, the three-time

champion replied: "I'm very pleased at how it felt all day. I thought that it would be

more stiff when I had to hit my shot after that long wait, but I felt fine."

**REUTERS**

## A-Rod homers as Yanks beat Jays

### GRAPEFRUIT LEAGUE

Yankees 6 Blue Jays 1



Alex Rodriguez says he's been hit with derision from fans for over a decade now, so yesterday's light smattering of boos and one liners in his first game of spring training was "no big deal."

"I'm just so used to it,

it's been a decade going on now, so I felt relaxed out there and had fun," Rodriguez said after hitting a two run homer in leading his Yankees to a 6-1 win over the Jays in Dunedin, Fla., yesterday in the Grapefruit League opener for both clubs.

Yesterday, there was no questioning Rodriguez on the field. He took Jays rookie hopeful Ricky Romero deep on a 2-2 fastball in the fourth to put the Yanks up 3-1.

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**Harris pours in 42 in Nets win**

Devin Harris scored 19 of his 42 points in the fourth quarter as the New Jersey Nets beat the Chicago Bulls 111-99 last night. **METRO NEWS SERVICES**

sports **13****Sports in brief**

**MLB** The Los Angeles Dodgers have reportedly stepped up their efforts to retain the services of slugger Manny Ramirez, offering the outfielder a two-year contract worth up to \$45 million. According to reports from the Los Angeles Times and MLB.com, the proposed contract will pay Ramirez \$25 million in 2009 and will include a player option for \$20 million in 2010.

**NFL** The Tampa Bay Buccaneers have released five veterans, including 11-time Pro Bowl selection linebacker Derrick Brooks, running back Warrick Dunn, wide receivers Joey Galloway and Ike Hilliard, and linebacker Cato June. In what can only be looked at as an obvious salary dump, Tampa Bay parted ways with players that combined to start 38 games last season, including Brooks, who never missed a game in his 14 seasons with the team.

**SPEED SKATING** Canadian long-track speedskater Christine Nesbitt was injured in a fall during a training session yesterday at the Richmond Oval in B.C. Ingrid Paul, Nesbitt's coach, said she suffered a minor head injury, but doesn't expect the speedskater to miss any competitions. **METRO NEWS SERVICES**

# Challenges are similar

TheHockeyNews

**Adam Proteau**

thehockeynews.com

If Oilers fans are feeling like their team absolutely has to make the playoffs this season, they ought to look to the Columbus Blue Jackets — who are at Rexall Place for an important game tonight — for perspective.

You think the pressure is tough in Edmonton? Try following a Columbus team that, in its eighth season of existence, is still attempting to secure its first post-season berth.

Try facing a future that, though blessed with the presence of youngsters such as Nikita Filatov (the No. 1 NHL-ready prospect as selected by the Hockey News' upcoming Future Watch special edition), Jakub Voracek, Derick Brassard and Steve Mason,

could include the departure of star forward Rick Nash, slated to become an unrestricted free agent in the summer of 2010 and rumoured to be considering employment with another team.

Year-in, year-out, mismanagement stunted the Blue Jackets' growth — and only since GM (and former Oilers management mainstay) Scott Howson came on the scene in 2007 has there been some semblance of discernable progress.

But even then, the road to championship contention is almost invariably slow and fraught with potholes.

That may be the ultimate lesson the Oilers learn this season.

For argument's sake, let's say Edmonton falls short in its playoff drive; does that mean GM Steve Tambellini and the rest of the front office should begin placing dynamite sticks around the team's pillars to begin the process of starting over from scratch?

Of course not.

**Panicking or pouting over a disappointing season does nobody any good.**

The fact of the matter is that Edmonton, like Columbus, has got a handful of solid young players still finding their NHL identities, one or two top-level performers and a collection of league veterans who haven't proven able to guide the Oilers into a group of elite teams that includes Detroit and San Jose.

Therefore, Tambellini's challenge is just about identical to Howson's: Settle on a core of four or five players to build around, and augment that core with both bargain-type role players and the odd splurge on veteran UFAs.

Panicking or pouting over a disappointing season does nobody any good.

**The Hockey News**  
thn.com

## Former Canadian champ now the real Contender

**BOXING** Canadian Troy Ross threw 158 punches last night, but it took only three to validate a lifetime in boxing.

With two overhand lefts and a right hook to the temple, Ross scored a fourth-round technical knockout over Hino Ehikhamenor to earn the championship of the U.S. cable TV reality series The Contender.

The 16-man, made-for-TV tournament began in Singapore in September and concluded last night at the Foxwoods Casino in Connecticut, with Ross and Ehikhamenor (15-4, 7 KO) meeting in the title bout, which was broadcast live in the U.S., but was unavailable in Canada.

"Tonight was just one of those nights," said the 33-year-old former Canadian Olympian. "I felt myself getting stronger every single round."

The bout was Ross's

Troy Ross won the The Contender reality TV series last night.

biggest pro payday — though the figure is still undisclosed — and his third knockout win in four fights.

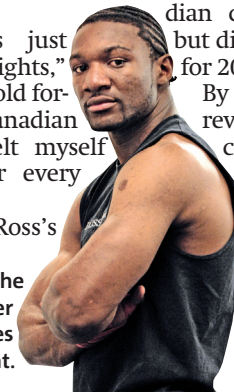
It boosted both his record (21-1, 15 KO) and his ranking. With the show's producers agreeing to promote him for the next 12 months, the Brampton, Ont., native hopes the victory sets him up for a world title fight later this year.

While his classmates from the 2000 Olympics turned pro and collected signing bonuses, Ross couldn't agree with promoters over money and didn't debut as a pro until seven months after the Sydney Games.

In 2005 he won the Canadian cruiserweight title, but didn't compete again for 20 months.

By May 2007 Ross had revived his career and collected the Commonwealth title, but instead of graduating to even bigger bouts, a string of cancelled fights led to another year-long layoff.

TORSTAR NEWS SERVICE



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## 14 sports

55,571 fans energize Impact in Montreal

The Montreal Impact defeated Santos Laguna 2-0 in the opening leg of their CONCACAF Champions League quarter-final last night. METRO NEWS SERVICES

## Under-20 roster and a catch-22

Perhaps it's a no-win situation. This week the Canadian Soccer Association announced its roster for the run up to the Under-20 World Cup in Egypt this fall.

Either by design or by default, players professionally trained in Canada will represent half of this year's roster — a trend starkly different from years past, when players with a European pedigree were given the nod.

It's a testament to the growing soccer infrastructure here as clubs like Toronto FC, the Montreal



Just Soccer

Ben Rycroft

ben.rycroft@metronews.ca

Impact and the Vancouver Whitecaps are having an ever-growing influence on developing talent.

Vancouver alone speaks for seven of the players on this year's squad — and for good reason. Their professional development program — widely considered one of the best in North America — begins as early

as age 11 for some athletes and combines development programs, a residency system with scholarships and two tiers of professional ranks.

But if the Whitecaps get their wish and join the MLS in 2011, it may all be for naught.

As it stands now, the MLS has a very backwards approach to player development.

Teams are encouraged to have academies and produce their own talent, but it was only last year when they were allowed to begin signing those players to contracts — and MLS rules state a team can only sign

one academy player every three years. If Vancouver gets in, their residency could take a big hit as players see their prospects of joining the local professional ranks dry up. That could mean a return of less locally-groomed talent in Canada.

The good news is with the MLS expanding to 18 teams by 2011, teams will need to start signing development players to accommodate the demand.

The bad news is that, as it stands now, not one team in the MLS has signed a player from their academy.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca

## SCOREBOARD

NHL					EASTERN CONFERENCE					WESTERN CONFERENCE				
	W	L	OT	P		W	L	OT	P		W	L	OT	P
d-San Jose	41	9	9	91	d-Boston	41	12	8	90	d-San Jose	41	9	9	91
d-Detroit	40	13	8	88	d-Washington	38	18	5	81	d-Detroit	40	13	8	88
d-Calgary	36	18	6	78	d-New Jersey	38	19	3	79	d-Calgary	36	18	6	78
Chicago	34	17	8	76	Philadelphia	33	17	9	74	Chicago	34	17	8	76
Vancouver	30	22	8	68	Montreal	32	22	7	71	Vancouver	30	22	8	68
Columbus	30	25	6	66	N.Y. Rangers	31	24	7	69	Columbus	30	25	6	66
Minnesota	30	24	5	65	Florida	30	22	8	68	Minnesota	30	24	5	65
Dallas	29	23	7	65	Buffalo	31	24	6	68	Dallas	29	23	7	65
EDMONTON	30	25	5	65	Carolina	31	26	5	67	EDMONTON	30	25	5	65
Anaheim	30	27	5	65	Pittsburgh	30	26	6	66	Anaheim	30	27	5	65
Nashville	29	28	4	62	Toronto	23	26	12	58	Nashville	29	28	4	62
Los Angeles	26	25	9	61	Ottawa	23	27	9	55	Los Angeles	26	25	9	61
St. Louis	26	26	8	60	Tampa Bay	20	28	12	52	St. Louis	26	26	8	60
Phoenix	27	29	5	59	Atlanta	22	33	6	50	Phoenix	27	29	5	59
Colorado	28	32	1	57	N.Y. Islanders	18	36	6	42	Colorado	28	32	1	57
					d-division leader									

## YESTERDAY'S RESULTS

Toronto 2 N.Y. Rangers 1 (SO)  
Detroit 4 San Jose 1  
Philadelphia 2 Los Angeles 0  
Pittsburgh 1 N.Y. Islanders 0

## TONIGHT'S GAMES

Columbus at EDMONTON  
Anaheim at Boston  
Colorado at New Jersey  
Toronto at N.Y. Islanders  
Florida at N.Y. Rangers  
Atlanta at Washington  
Buffalo at Carolina  
San Jose at Ottawa  
Phoenix at Nashville  
St. Louis at Dallas

## TOMORROW'S GAMES

Montreal at Philadelphia  
Los Angeles at Detroit  
Pittsburgh at Chicago  
Minnesota at Calgary  
Tampa Bay at Vancouver

## SATURDAY'S GAMES

Minnesota at EDMONTON  
Washington at Boston  
Florida at New Jersey  
Anaheim at Dallas  
San Jose at Montreal  
Toronto at Ottawa  
Buffalo at N.Y. Islanders  
Colorado at N.Y. Rangers  
Carolina at Atlanta  
Detroit at Nashville  
St. Louis at Phoenix

## NBA

## YESTERDAY'S RESULTS

Dallas 116 Milwaukee 96  
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New Jersey 111 Chicago 99  
New Orleans 90 Detroit 87  
Orlando 114 New York 109  
Philadelphia 106 Washington 98  
San Antonio 99 Portland 84  
Utah 120 Minnesota 103  
Atlanta at Denver  
Charlotte at Sacramento  
Boston at L.A. Clippers

## TONIGHT'S GAMES

Cleveland at Houston  
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# Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



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## Watching our waste within reach in 2009

L. SARA BYSTERVELD  
for Source Media Group

**A lot goes into a new subdivision, a new home, or a renovation. But what about the bits and pieces that don't make the cut? Everything from drywall to wood to scrap metal and assorted fixtures are sent to the dump in large quantities from most building sites. Add to that bricks and stone, appliances, windows and more from demolitions and renovations and it's easy to see that the construction industry contributes to the landfill in a big way.**

"Anywhere from 65 to 75 per cent of construction waste is recyclable, and maybe five per cent is being recycled," says Michael Stevens, vice-president of operations for Smart Site Job Site Services and Management.

Michael and his brother Rob Stevens, president of Smart Site, are working to redirect this waste stream into recycling and reuse. They say changes to tipping fees at the landfill, as well as the always-changing world of recycling, should give a boost to the idea of watching waste more carefully on the construction site.

The main obstacle keep-



Recycling the materials from this ranch — rather than junking it — when a new community was built kept 600 tonnes of waste out of the landfills.

**"Anywhere from 65 to 75 per cent of construction waste is recyclable, and maybe five per cent is being recycled."**

Michael Stevens

ing builders and contractors from watching their waste, say the brothers, is the handling of waste on-site. "Double handling kills," says Rob. "We get a lot of sites where either the trades aren't buying into what you're doing or you're not thinking through the process. When you've got a lot of double handling you start to get mixing of the products, and it's all downhill from there."

If a builder doesn't properly plan for recycling in advance, then workers end up tossing materials in the wrong bins or bins are not

properly provided — and once materials are mixed (metal in with wood in with — worst of all — glass, and so on) it's all over. Recycling a variety of materials can also mean trucks in and out of the site, which translates into higher costs, damage to the site and a larger carbon footprint.

Smart Site addresses these issues by sending only one truck in to pick up all the materials, and making it fast and easy for workers to sort the materials in the first place.

"For us it's all about making sure that the path is

easy and clear, because the trades are like water, they like the path of least resistance," says Rob. "If you can make it easy, you get a much better buy-in."

Does it cost more to be eco-friendly in the building industry? A little, but this cost will soon be offset somewhat by higher tipping fees at the dump. On one project the company has worked on, Calgary's Heritage Pointe, a ranch was dismantled before the community went up. Smart Site recycled 88 per cent of the ranch buildings, sending only 85 tonnes of waste to the landfill, compared to the 600 tonnes that were kept out. All of this only cost the developer about 10 to 15 per cent more, which will soon be offset by tipping fees.

EDITED BY METRO

## Reno tips for those taking the plunge

VANESSA GRECO  
for Metro Canada

### Bring in samples

- If your current paint colour makes you happy, or sofa has some sentimental value attached, you don't have to let go. Gather some fabric swatches, floorboards or paint samples and ask a professional how you can incorporate those elements.

**RENOS** Whether it's distressed wood, faux-finishes, decorative finials, or oil-based enamel, Craig Stewart has seen it all. After 12 years in the custom-made furniture business, there are few renovation dreams he can't make a reality.

When a customer approached him about creating the mother of all wall units — a 40-foot, cherry wood unit, with a television set that lifted on hydraulics — Craig didn't flinch, he contacted his craftsmen.

Thirty-eight thousand dollars later, that cherry wood wonder was born.

"With home renovation the sky is the limit," he said. "Anything can happen with a plan and for a price."

When it comes to renovating a dowdy room, most homeowners have trouble getting past the starting line. Stewart shares a few choice tips on how to reignite your love affair with renovation.

### CONSIDER THE COST

When renovating, it's all about how elaborate you want to get, said Stewart.

"Many rookies don't do enough research on the cost of their project," said Stewart. "A lot of times they wind up getting to the final stages and don't have enough money to finish."

When Stewart renovated his own basement and did the whole nine yards —

flooring, walls, lighting — it cost about \$20,000.

### GRAB YOUR TAPE MEASURE

Before stepping into any stores, homeowners should put together a scaled drawing of the room they'd like to renovate. Record all dimensions, and don't forget the location of the doors and windows.

### GET INSPIRED

It could be your grandmother's old Victorian dresser, or elaborate crown molding. If there is a particular style that catches your eye, work with it. Ask a consultant what they can do to help you mimic that design.

"Sometimes homeowners ask to match the style of an existing piece of furniture," said Stewart. "They might sift through magazines, or take a long walk through our display room because they have no clue what they want — and that's ok."

### WHERE TO START

"Furniture is the last thing that goes into a room, but always the first thing you should plan for," said Stewart, adding that the last decision should be paint colour.

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# Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada



## Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Get hungry for some fungi

## À la carte

**Barb Holland**

Metro Food Writer

Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to **Mushrooms Canada (mushrooms.ca)**, the total mushroom production in Canada is a staggering 105 million kg. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as shiitake, oyster, King oys-

ter and enoki.

Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping.

### Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shiitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost. Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L, 4 servings.



Asian Chicken Noodle Soup.

### INGREDIENTS:

- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly

sliced Shiitake or crimini

- mushrooms (remove stems from Shitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium reduced
- 2 tbsp (30 ml) soy sauce
- Garnishes:
- 6 green onions, thinly

sliced on diagonal

- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ½ cup (75 ml)

### METHOD:

In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 minutes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate bowls. Let everyone put their choice of garnishes

## Riding the Recession

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in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



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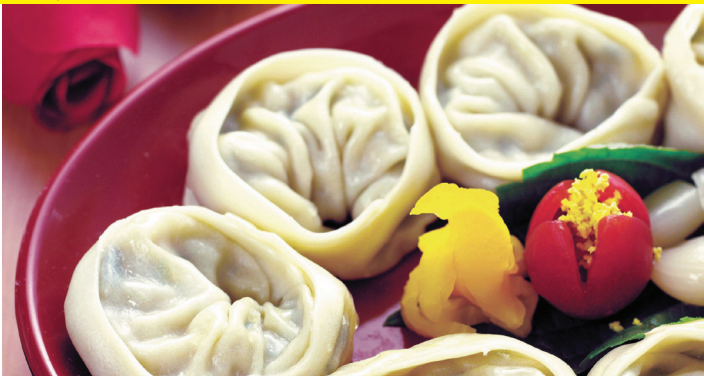
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**food 17**
**LiquidAssets**
**Peter Rockwell**
[liquidassets@eastlink.ca](mailto:liquidassets@eastlink.ca)
**Thrifty thirst**

Forget about country, region, producer or even grape variety; if my inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

As the globe's fifth-largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodegas Trapiche**. Its **Astica** (\$7.45 – \$9.00) line is a constant winner with both the **2007 Sauvignon Blanc Semillon** and **2007 Merlot Malbec** solid, food-friendly

easy-drinkers.

Prices reflect the range across the country. Some products may not be available in all provinces.


**Riding the Recession**

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# If only life were this simple ...

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts.

**Metro** snagged these two simple recipes from **Just 5 Things**:

**Lamb Kleftiko**

In this classic Greek dish, the lamb is sealed in a baking dish and slowly baked until tender and succulent. There are many legends surrounding its invention. According to

some, the Greeks learned to make it when they were fighting to free themselves from Ottoman rule. Hidden in the mountains, Greek soldiers would place all the ingredients in a dish and bury it over hot embers in the ground. No enticing food smells would emerge to let the enemy know their position. Serves 4.

**INGREDIENTS:**

- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

**METHOD:**

Preheat the oven to 300°F (150°C/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high heat and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking liquid into the bowls and serve hot.

**Chocolate and Hazelnut Pots**

Serves 4.

**INGREDIENTS:**

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and

coarsely chopped hazelnuts

- 1 teaspoon vanilla extract (essence)
- 1 cup (250 g) fresh strawberries, sliced

**METHOD:**

Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.



Chocolate and Hazelnut Pots.

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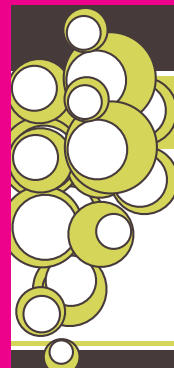
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British actress Sienna Miller and her designer sister Savannah showed off a sparkling line of clothes for the catwalk debut of their Twenty8Twelve label at London Fashion Week late on Sunday. The collection included mini skirts, spray on denim and biker jackets. **REUTERS**

# Style



## Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career – especially in this tumultuous economy.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Positively fashionable

London Fashion Week collections showcased a stream of optimism

KENYA HUNT  
Metro World News



**It began in New York with neon bright colors and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.**

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says Markus Lupfer, the designer behind Armand Basi One.

Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds. "London's fashion market isn't as big business as it is in New York, Paris, or even Milan. We've always had less money. It's nothing new to have no money and to find a new way to do a collection without spending millions," he adds.

Here are some highlights from the past week:

### OSMAN YOUSEFZADA

The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide-legs, were a bit of a harder sell.

### ARMAND BASI ONE

Plays on volume in a monotone palette of black and gray were the dominant ideas here from billowing button-down shirts with dolman sleeves and the lowest drop-crotch harem pants. Mix in high waist



London Fashion Week's fall 2009 collections offered bold, glamorous looks like designer Jenny Packham's bright gowns, left, and Osman Yousefzada's futuristic fabrics.



**"People are really happy and high-spirited and it makes the fashion stronger."**

Markus Lupfer, designer behind Armand Basi One

lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

### TOPSHOP UNIQUE

The British mega-high street chain left spring's obsession with the '80s behind in favor of a more futuristic sci-fi approach for its in-house label. Led by head designer Karen Bonser, the Unique team's vision of the future looks more Blade Runner meets Mad Max than Tron. That meant a lot of volume (oversized shaggy coats, massive knit sweaters and ginormous scarves) and even more layering (a draped dress worn over a long sleeve tee with above-the-elbow gloves, over baggy sequined pants, for in-

stance.) On the one hand, the Blade Runner brand of eccentricity seemed fresh (the idea of looking forward is a nice one in this climate) and British to the core. But on the other, it seemed heavy and unflattering for such a mainstream, high street brand (I can't see many girls pulling off those shaggy coats and dresses). I'm curious to see how it performs Stateside when Topshop finally crosses the Atlantic in April.

### AQUASCUTUM

The 155-year-old classic British brand continued fall's obsession with fur, using it as shoulder accents on sophisticated coats and dresses. The color red, an-

other big idea for the season, surfaced later in the show with a houndstooth suit, dresses and separates that will probably appeal more to twenty- and thirtysomethings.

### LUELLA BARTLEY

Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long sleeve Tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.



PHOTOS ON THIS PAGE: GETTY IMAGES

London Fashion Week kicked off last Friday with no sign of the recession in sight. The Luella Bartley 2009 fall collection, left, featured well-tailored looks like this metallic gold A-line skirt paired with a navy cardigan and Luella's trademark polka dots.

## Trends from Fashion Week in London

KENYA HUNT  
Metro World News



### Futurism:

Topshop Unique, Osman Yousefzada (pictured)



### A return to the '80s:

Armand Basi One (pictured), PPQ.



### Bright colors:

Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.



### Bold stripes and plaids:

Christopher Kane, PPQ, Vivienne Westwood (pictured), Nicole Farhi





Twilight hits stores on March 21

The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. METRO NEWS SERVICES

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



## Ladies turn Page

Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining members in order to pursue solo projects. MSN.COM

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

# Masterful return of K'naan

**K'naan**

**Album:** Troubadour

**Label:** A&M/Universal

**Rating:** ●●●●½

IF THERE'S ANY doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous.



Bryan Borzykowski/for Metro Canada

**Gentleman Reg**

**Album:** Jet Black

**Label:** Arts & Crafts

**Rating:** ●●●●

THE FOLKS at Arts & Crafts got themselves a hipster with pedigree when they signed Gentleman Reg. He's been a regular with The Hidden Cameras, and has strong ties to The Constantines. On Jet Black, Reg delivers his most accessible music yet. The album starts out strong with the thumping T-Rexish rock of Coastline sweeping into the uptempo beat and ornamental guitars of To Some It Comes Easy. Reg delivers the knockout punch on track three, playfully partying with You Can't Get It Back. After that, however, the album proves uneven, at best, with Reg's lisping vocal delivery keeping him on the fringe.

Graham Rockingham/for Metro Canada

**DD/MM/YYYY**

**Album:** Black Square

**Label:** We Are Busy Bodies

**Rating:** ●●●●½

TORONTO'S DD/MM/YYYY MIGHT have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that anyone can follow. Fortunately, the



K'naan's sophomore album Troubadour delivers a masterful blend of rap, rock, reggae and everything in between.

group continues to blast as much noise as possible, with fast fingered riffs and blazing synths leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada

**Bell X1**

**Album:** Blue Lights on the Runway

**Label:** Yep Roc/Outside

**Rating:** ●●●½

IT'S HARD TO understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead without all the good stuff. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-obsessed music fans. They're



**MusicReviews**

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definitely better and more indie sounding than the Fray or even Chris Martin and Co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

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ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/26/09	2	CFRN	239 318	etalk	Hollywood	ER "T-Minus-6" (N)	American Idol (HDTV)	CSI: Crime Scene Invstgtn.	News (N)			
	3	KHQ	- 370	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Furious Five	Kath & Kim (N)	The Office	30 Rock	ER (N)
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Doc Zone A man searches for his biological father. (N)		CBC News: The National		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)	Survivor: Tocantins	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Eleventh Hour
	7	CKEM	241 347	Law & Order: SVU		Hell's Kitchen (PA) (N)	Ugly Betty (N)	30 Rock	30 Rock	30 Rock		Your City
	8	CITV	240 339	ET Canada	Entertainment	The Unit	Survivor: Tocantins (N)	The Office	Kink in Hair	The Office		News Hour
	11	OMNI	-	Two/Half Men	The Simpsons	News	News	The Simpsons	King	The Simpsons		Metropia
	12	CBXFT	119 705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (HDTV) (SC)	Le Téléjournal et Les Nou		Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy		Practice
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	American Idol (HDTV)	Hell's Kitchen (PA) (N)		Hell's Kitchen (PA) (N)		News (N)
news	19	CHTV	-	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Time and Again (2007, Drama) Brooke Burns.				News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer	Stevie Wonder-White House	Poirt "The Dream"	Red Green	Summer Wine		New Tricks "Nine Lives"		Fats Domino
	24	WTVS	- 364	Ask This Old Michigan	Conquistadors (DVS)	The Nature of Things	CBC News: The National	CBC News: The National		CBC News: The National		Nature-Things
	15	CBCL	502	CBC News: The National		EarthWatch One	EarthWatch Two					Cooper 360
	21	TWN	505 398	(5) EarthWatch One		Anderson Cooper 360 (HDTV)	News	CTV Newsnet		Larry King Live		Cooper 360
	27	CNN	500 500	CNN Presents: Black		News	CTV Newsnet			News	CTV Newsnet	News
	54	CTVN	501 391	CTV Newsnet		Market Call	Headline	Market Call	Commodities	Business News		Squeeze Play
	70	BNN	504 508	Squeeze Play		Market Call	Headline	Market Call	Commodities	Business News		Squeeze Play
	20	TSN	400 400	Poker	Curling 2009 Scotties Tournament of Hearts -- Draw 17. (HDTV) From Victoria, B.C. (Live)					SportsCentre		Poker Night
	23	net	408 418	NHL Hockey Columbus Blue Jackets at Edmonton Oilers. (HDTV) (Live)						Sportsnet Connected		Oilers in Hour
sports	47	SPEED	417 406	Bullrun (HDTV)	Bullrun (HDTV) (N)	Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun (HDTV)		Bullrun (HDTV)
	94	SCORE	410 403	NBA Basketball: Cavaliers at Rockets	Score Tonight	Hardcore Hockey	Talk	Final Score		Final Score		Final Score
	9	EDACC	267 351	Truth, Duty, Valour	Wife Swap (N)	Eleventh Hour "Electro"	(10:02) Private Practice	Truth, Duty				Truth, Duty
	14	YTV	552 543	Drake & Josh	iCarly	H2O, Just Add	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol		Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	V for Vendetta (2006)	
	45	FAM	557 541	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Classe de 5e (N) (SC)	Taxi 0-22 (SC)	Caméra café	TVA 22 heures	
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV) (N)	The Beast "Capone" (N)	The Beast "Capone"	The First 48 (HDTV)	Party of Five				The First 48
family	26	MMM	571 581	RuPaul's Drag Race	RuPaul's Drag Race	Listed						RuPaul's Drag
	29	FOOD	603 561	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge Candy castles.		Unwrapped
	31	SHOW	617 522	Wife Swap	The Outer Limits	Love-Death	Love-Death	Trailer Park	Trailer Park	Trailer Park		Resident Evil
	32	DISC	520 505	MythBusters	MythBusters	Daily Planet	Daily Planet	Deadliest Catch	Deadliest Catch	Deadliest Catch		MythBusters
	33	SLICE	601 562	Last 10	Last 10	The Biggest Loser	ET Canada	Matchmaker	The Biggest Loser	The Biggest Loser		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	35	TLC	521 560	Street Customs (N)	Heli-Loggers (HDTV) (N)	Street Customs (HDTV)	Street Customs (HDTV)	Heli-Loggers (HDTV)	Heli-Loggers (HDTV)	Without a Trace		Overhaul'n'
	36	BRAVO	620 523	The Last Mogul: The Life and Times of Lew Wasserman		Law & Order	Without a Trace					Till Human
	38	SPIKE	628 584	TNA IMPACT! (HDTV) (N)		CSI: Crime Scene Invstgtn.	MANswers	MANswers	Married... With			
	40	HIST	522 506	Deep Wreck Mysteries	NCIS "Eye Spy"	Ancestors	Ancestors	Dogfights				Engineering
cable variety	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs	The Simpsons	South Park			VIP
	43	SPACE	627 528	Star Trek: Voyager	Chuck (HDTV)	Stargate SG-1	Star Trek: Next Gener.	Trek: Voyager				
	44	WPCH	294 650	Friends	Friends	Orange County ** (2002, Comedy)	Family Guy	Family Guy	Seinfeld	Orange County		
	46	OLN	411 457	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman	Mantracker				Bounty Hunter
	48	TROP	619 525	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621 527	All in the Fame-ly	The Tonight Show-Jay Leno	TMZ	etalk	The View (HDTV)				All in Fame-ly
	52	HGTV	600 564	The Fix	Disaster DIY	Home to Flip	Real Renos	The Fix	Disaster DIY	Home to Flip		Home to Flip
	65	TLN	700 800	(6) Voglia di Vivere	Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)	Paid Program		Paid Program
	92	APT	269 350	Suaangan	Wapos Bay	By the Rapids	renegadeexpress	The Replacements ** (2000, Comedy) Keanu Reeves, Gene Hackman.				
	93	VISION	261 394	The Gospel Road ** (1973, Docudrama), Larry Lee		Poltergeist: The Legacy	The Gospel Road (1973, Docudrama)					
cable variety	100	MTV	581 566	Making the Band 4 (N)	The Girls of Hedsor Hall	MTV Live	After	Making the Band 4				Hedsor Hall
	101	MM	570 580	Brit Awards '09		Video on Trial	Video on Trial	Pimp My Ride	Pimp My Ride	Video on Trial		
	102	CPAC	512 396	(6:30) Primetime Politics		Revue	Question Period	Prime..Politics	Primetime Politics			
	103	VIVA	526 507	The West Wing	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Commander		
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal		

## critics'corner

**Resident Evil: Apocalypse**

No one seriously expects much out of a movie based on a best-selling video game, but not even the gameboyz who turned the original "Resident Evil" into a modest box-office hit will find much to enjoy in this 2004 sequel, which doesn't even try to sustain a coherent story line or engaging characters. It's all just mindless, redundant violence, and not even creative violence at that. Not even action babes Milla Jovovich and Sienna Guillory can stir up much excitement. 11 PM on SHOW



**The Gospel Road**

1973 was a big year for movies about Jesus with lots of music. In addition to the film versions of "Jesus Christ Superstar" and "Godspell," there was this labor of love by country music star Johnny Cash, who narrates the story of Jesus' life, largely in song. The film's director, Robert Elfstrom, plays Jesus, with Cash's wife, June Carter Cash, as Mary Magdalene. 7 PM on VISION

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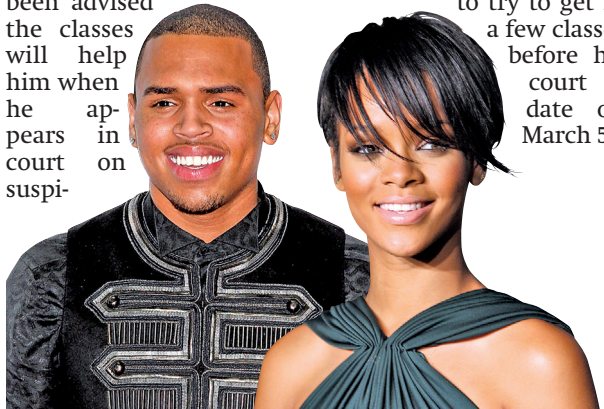
Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. “We are together,” Moyer told TV Guide Magazine. **METRO NEWS SERVICES**

## Celebrity Buzz

# Brown in anger management classes?

**LEGAL** Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The Run It singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspi-



cion of making criminal threats next month, the website reports.

A source said: “Chris doesn’t actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5.”

Brown — who recently released a statement saying he was “sorry and saddened over what transpired” — is believed to have attended his first class in California on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident in Brown’s car on Feb. 7, the website also alleges.

The source added to the New York Daily News newspaper: “Rihanna is temperamental, too. They’re both too hot-headed for their own good.”

“It didn’t

help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked.”

It is believed the Barbados-born beauty will be required to appear at her estranged lover’s court trial, forcing the pair to see each other for the first time since Chris was arrested.

The source explained: “Rihanna will be there, she has to testify. If Chris is convicted, it would be his first offence. He won’t go to prison.”

**METRO NEWS SERVICES**

# Brit’s ex charged in hit and run

**LEGAL** An arrest warrant has been issued for Britney Spears’ paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of some German engineering, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears’ father, at Adnan Ghalib’s apartment complex in Encino on Feb. 11 when Ghalib got into his Mercedes and drove it toward the victim.

To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib al-

legedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at \$110,000.

**METRO NEWS SERVICES**



GETTY IMAGES PHOTOS

# Rosie on menopause, Madonna and beer

**PEOPLE** Rosie O’Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

“(Madonna’s) great, she’s a lot like a big sister,” O’Donnell says. “When I started having my hormone things, I’m like, ‘What the hell is going on?’ she’s like, ‘Get the cream.’”

The for-

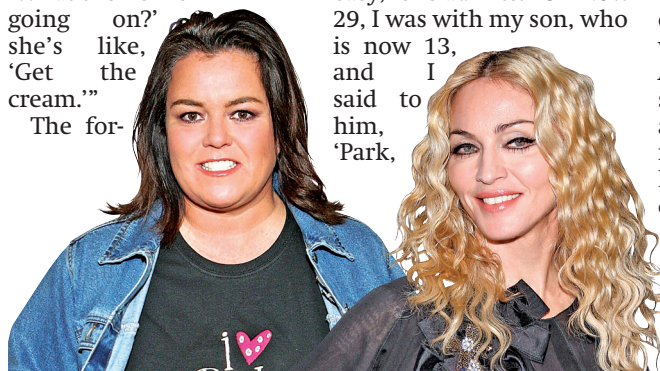
mer View host doesn’t hold anything back when talking about her body.

“Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months,” she says.

Other changes in O’Donnell’s life? She’s given up booze. “I stopped drinking on Dec. 1. It has not been easy,” she admits. “On Nov. 29, I was with my son, who is now 13, and I said to him, ‘Park,

can you get me a beer?” she says. “And he said, ‘No I don’t want to.’ And I said, ‘Really why not?’ And he says, ‘Because you know what, I think you drink too much beer ... Lately I think it’s too much.’”

**METRO NEWS SERVICES**



# Marilyn and Evan back on?

**RELATIONSHIP** Marilyn Manson and ex-girlfriend Evan Rachel Wood have sparked speculation their relationship is back on after the two were allegedly seen leaving a hotel in Los Angeles hours before Wood was to appear at the Oscars. The rocker reportedly called the actress his “girlfriend” before the two climbed into a car together, femalefirst.co.uk reports.



**METRO NEWS SERVICES**

# Bacon is Julia’s biggest vice

**PEOPLE** Like many people, actress Julia Louis-Dreyfus admits she struggles when it comes to maintaining her weight, people.com reports.

“I have to work at not being fat,” the former Seinfeld star, 48, tells Shape.

Balance between indul-

gence and discipline helps her stay slim — and sane.

She admits to keeping a stash of chocolate in her desk, and says “My biggest food vice is bacon ... In fact, I don’t keep bacon in my house — that would be way too tempting.”

**METRO NEWS SERVICES**

# Must love shoes: Keira

**PEOPLE** Keira Knightley is attracted to men with good shoes, femalefirst.co.uk reports.

The Duchess star, who has been dating actor Rupert Friend for three years, said: “I go for someone who is

a little brooding and some body you can have a good conversation with, a good fight with, who will always keep you guessing and make you laugh. And he has to have good shoes.”

**METRO NEWS SERVICES**



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For full contest rules and details, visit [www.metronews.ca](http://www.metronews.ca). **metro**



# Jonas Bros. love Rick, Prince

**PEOPLE** The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk reports.

The musical trio are big fans of the ’80s British singer and regularly cover his most famous hit.

Kevin Jonas said: “A big one for us that we sing all

the time is Rick Astley’s Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body.”

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: “I think to perform with Prince would be incredible. I think that would be one of the best things of all time.”

**METRO NEWS SERVICES**

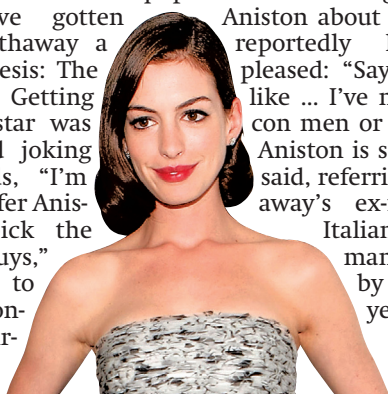


# Anne and Jen’s war of words

**FEUD** Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, “I’m like Jennifer Aniston. I pick the wrong guys,” according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased: “Say what you like ... I’ve never dated con men or criminals,” Aniston is said to have said, referring to Hathaway’s ex-fiancé, an Italian businessman snagged by the FBI last year.

**METRO NEWS SERVICES**



# Weight worries over Lindsay

**PEOPLE** Michael Lohan is concerned about his daughter Lindsay Lohan’s weight loss.

“Lindsay goes through her fluctuations in weight for different roles she’s in, and travelling and what she’s eating and taking care of herself. I’ll talk to her about it. I’ll see what’s going on,” he told Good Day Philadelphia. But that might be difficult, since their relationship “has been a little strained because of her relationship with Samantha (Ronson).”

**METRO NEWS SERVICES**



# Kate and Owen: Still just friends?

**RUMOUR** On-again off-again couple Kate Hudson and Owen Wilson were spotted chatting cozily on a park bench in Paris after taking a bike ride around the romantic city.

There’s no word on the state of their relationship, but experts at the Mirror think that the pair’s body language suggests they’re still just friends.

**METRO NEWS SERVICES**

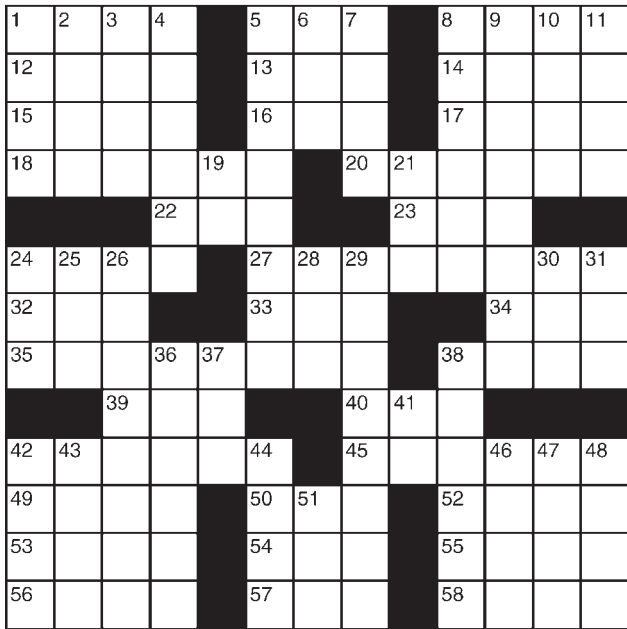






**Michele McDougall, Weather Specialist & Host – Breakfast Television**  
 “My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**

## Take Five



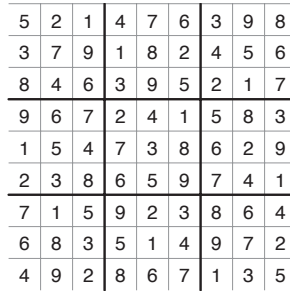
### Crossword across

- |                         |                             |
|-------------------------|-----------------------------|
| 1 Send forth            | 34 Gist                     |
| 5 Grier or Dawber       | 35 Overwhelming             |
| 8 Feds                  | 38 Predicate part           |
| 12 A-line creator       | 39 Exist                    |
| 13 Mimic                | 40 “Eureka!”                |
| 14 Wash                 | 42 Money-back deal          |
| 15 Con                  | 45 Tidbit                   |
| 16 Revolver             | 49 Object of worship (Var.) |
| 17 Curved molding       | 50 Bill’s partner           |
| 18 Unhealthy atmosphere | 52 Nastase of tennis lore   |
| 20 Ascending            | 53 Teller’s companion       |
| 22 Heavy weight         | 54 That girl                |
| 23 Tasseled topper      | 55 Have coming              |
| 24 Hipsters’ jargon     | 56 Vortex                   |
| 27 Engrave              | 57 Raw rock                 |
| 32 Oklahoma city        | 58 Colouring agents         |
| 33 Peeples or Vardalos  |                             |

### Crossword down

- |                           |                               |
|---------------------------|-------------------------------|
| 1 Mild yellow cheese      | 28 Diarist Anais              |
| 2 Revealing fashion       | 29 Native American leader     |
| 3 Greek vowel             | 30 Plant sticker              |
| 4 Sad, on the Seine       | 31 Recede                     |
| 5 Violin virtuoso Niccolo | 36 “Beverly Hillbillies” role |
| 6 “Simpsons” storekeeper  | 37 Permit                     |
| 7 Carte                   | 38 Heterogeneous              |
| 8 Brooding, angry look    | 41 Crooner Don                |
| 9 Periodical              | 42 Mature                     |
| 10 Always                 | 43 Supplemented, with “out”   |
| 11 Requisite              | 44 Reverberate                |
| 19 Collins of “MADtv”     | 46 Dispatch a dragon          |
| 21 Cpl.’s subordinate     | 47 Green land                 |
| 24 Boxing tactic          | 48 Photog’s choice            |
| 25 Altar affirmative      | 51 “— the fields we go”       |
| 26 Tramp                  |                               |

#### PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:



Find today’s answers + play more games at [metronews.ca](http://metronews.ca)

<b>SUDOKU SOLVE TIME:</b>	17-21 min .....	Smart
Under 13 min .....	21-25 min .....	Not bad
13-17 min .....	25+ min .....	Keep practising

### Metro Recipe of the Day



### Steak with Puttanesca Sauce

#### INGREDIENTS:

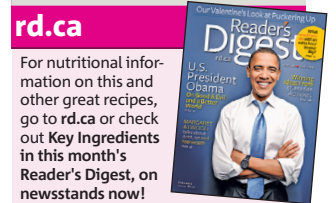
- 25 g (half a can) anchovy fillets, drained
- 2 tbsp (25 ml) low-fat milk
- 2 tbsp (25 ml) olive oil
- 1 red onion, roughly chopped
- 2 garlic cloves, crushed
- 1 red chili pepper, deseeded and finely chopped
- 12 oz (350 g) cherry tomatoes, halved
- 2 tbsp (25 ml) bottled capers, rinsed
- 1 tsp (5 ml) dried oregano
- 4 lean round steaks (about 4 oz/115 g each)

#### METHOD:

1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.
3. Stir in garlic and chili pepper, then add tomatoes, capers and

oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.  
 4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.  
 5. Pour sauce over steaks in pan and heat through, then serve.

**SERVES 4**



## Horoscopes

### AVATAR VENUS

**ARIES**  
**MARCH 21-APRIL 20**  
 Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.



**TAURUS**  
**APRIL 21-MAY 21**  
 Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.



**GEMINI**  
**MAY 22-JUNE 21**  
 Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.



**CANCER**  
**JUNE 22-JULY 22**  
 You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.



**LEO**  
**JULY 23-AUG 23**  
 Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.



**VIRGO**  
**AUG 24-SEPT 22**  
 An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.



**LIBRA**  
**SEPT 23-OCT 23**  
 Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.



**SCORPIO**  
**OCT 24-NOV 22**  
 A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
 A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.



**CAPRICORN**  
**DEC 22-JAN 20**  
 Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.



**AQUARIUS**  
**JAN 21-FEB 18**  
 The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.



**PISCES**  
**FEB 19-MARCH 20**  
 Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.



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1. Edsel or other dud product boutique (1)
2. Godfather's "ugly ducklings" (1)
3. Disconcert baseball great Willie (1)
4. Girder-metal roulette circle (1)
5. Frank on a goofy propeller-topped hat (2)
6. Swindle alert from a stoolie (2)
7. A Marx Brother's pampas cowboys (2)

ANSWERS: 1. FLOP SHOP 2. DONS SWANS 3. FAZE MAYS 4. STEEL WHEEL 5. BEANIE WENIE 6. RIP-OFF 7. GROUCHOS GARCHOS

### This day in history

- FEB. 26, 1797: The Bank of England issues the first one-pound and two-pound notes.
- FEB. 26, 1952: United Kingdom Prime Minister Winston Churchill announces that his nation has an atomic bomb.
- FEB. 26, 1986: People Power Revolution in the Philippines.
- FEB. 26, 1993: World Trade Center bombing: In New York City, a truck bomb parked below the North Tower of the World Trade Center explodes, killing six and injuring over a thousand.
- FEB. 26, 2003: Generally said to be the starting date of the War in Darfur.

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(\$699.95 no term)



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on a 3-yr. term<sup>7</sup>  
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with a \$35 voice  
and data plan  
on a 3-yr. term<sup>8</sup>  
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